

## Recipe for: Superhero Apple-Cranberry Smoothie

*To prepare: Follow directions below.*

### Ingredients

½ cup Vanilla Bean Greek Style Yogurt  
½ large sweet apple, such as Jonagold or Golden Delicious, peeled and diced  
¼ cup sweetened dried cranberries  
2 tablespoons low fat (1%) milk  
1/8 teaspoon ground cinnamon  
4 small ice cubes

### Directions

Combine all ingredients in blender. Blend for about one full minute until cranberries and ice are well pureed.



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